

I CLAIM:

1. A stepping exerciser comprising:
 - a base including a seat provided thereon,
 - a follower rotatably attached to said base, and including an
 - 5 axle and a shaft extended therefrom,
 - two foot supports rotatably attached to said follower with said axle, and rotatable up and down relative to said base, and rotatable relative to said base together with said follower,
 - two actuators rotatably attached to said follower with said shaft,
 - 10 and rotatable relative to said base together with said follower, each of said actuators including a pole extended therefrom for engaging with said seat of said base, to force said follower to rotate relative to said base when said actuators are caused to rotate relative to said shaft of said follower, and
 - 15 means for coupling said foot supports to said actuators, to rotate said actuators relative to said shaft of said follower when said foot supports are rotated up and down relative to said base.
2. The stepping exerciser as claimed in claim 1, wherein said coupling means includes two levers extended from said actuators
- 20 respectively, and two links coupled between said foot supports and said actuators respectively, to allow said actuators to be rotated relative to said shaft of said follower by said foot supports.
3. The stepping exerciser as claimed in claim 1, wherein said seat of said base is inclined toward said follower.
- 25 4. The stepping exerciser as claimed in claim 1, wherein said base includes a pad engaged onto said seat, for engaging with said pole of said actuator.

5. The stepping exerciser as claimed in claim 1 further comprising means for providing resistive force against said foot supports.

6. The stepping exerciser as claimed in claim 1 further
5 comprising two handles detachably attached to said follower.

7. The stepping exerciser as claimed in claim 6, wherein said follower includes two arms attached to said shaft, to support said handles respectively.

8. The stepping exerciser as claimed in claim 7, wherein each
10 of said arms includes a bracket rotatably attached to said shaft.

9. The stepping exerciser as claimed in claim 7, wherein each of said arms includes an opening formed therein to receive said handles respectively.

10. The stepping exerciser as claimed in claim 7, wherein each
15 of said arms includes a bar coupled to said foot supports.